

# CHAIRSIDE CHATTER

Fall 2016

## *A Note from the President:*



A special Hello to all our dental assistants. We are already in December and the first snowflakes have already fallen, I hope that you enjoy the joys of winter. Since our last newsletter, we have had a very productive meeting of the Board of Directors in September. We have welcomed with great pleasure four new members. I would like to congratulate in no particular order, Dacia Farrell as the Fredericton representative, Julien Robichaud as the CDAA representative, Rachel Oulton as member at large and Glenda Cameron as the Saint John representative who joined our team 2016-17. Melissa MacDonald has accepted the position of Vice-President. I would like to mention that we still need a representative for the Upper Saint John River Valley (region of Perth-Andover, Grand Falls, Edmundston, St-Quentin). On October 1st, a motion was accepted by

the Board of Directors, volunteering as continuing education points. For more information see our web site [www.NBDAA.ca](http://www.NBDAA.ca).

It was a pleasure to meet with the students of the dental assisting course at Oulton college in October. A presentation on how important it is to be an active member of the association, the scholarships, pension plan, mentoring, etc. A meeting is scheduled in 2017 for the students of NBCC Campbellton.

For the second year, we offer two scholarships of \$500, the deadline is January 31 and the application form is on our web site.

Until February 1, our photo contest which represents the dental assisting profession is always running. Send us your "selfies" or photo on the association's Facebook page at NBDAA. The winning photos will be used to promote the dental assistants recognition week in New Brunswick which will take place in March.

The mentoring program and our group pension plan is always running!

You can always visit the web site for the list of local meetings near you. If you have any questions or comments please do not hesitate to contact me.

I wish you a very nice holiday surrounded by people who love you and a new year filled with joy, love, peace and health!

Marie-Christine, President



NEW BRUNSWICK  
DENTAL ASSISTANTS' ASSOCIATION  
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Shediac, NB E4P 8W5

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Website: [www.nbdaa.ca](http://www.nbdaa.ca)

## EVENTS

### Moncton local meeting

Jan 24, 2017 6:00 PM

### Fredericton local meeting

Jan 24, 2017 6:00 PM

1012 Prospect St.

Speaker: Christa Priest—  
Health supplements

### Saint John local meeting

Feb 7, 2017 at 6:00 PM

Speaker: Dr. Panjwani on  
Dental servicing for refugees

### Moncton local meeting

Feb 22, 2017 at 6:00 PM

### Fredericton local meeting

Feb 28, 2017 at 6:00 PM

1012 Prospect Street

Speaker from Patterson on  
Infection control

### Saint John local meeting

Mar 14, 2017 at 6:00 PM

Healthy Cooking Class at the  
Superstore in KV—\$30 per  
person (deposit in advance)

For more details visit the website at  
[www.nbdaa.ca](http://www.nbdaa.ca)



The 2017 Annual General Meeting on May 6th  
at the Delta Fredericton

Fall 2016

## Message from the Saint John local

### NBDA BOARD OF DIRECTORS

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**Pamala Dupuis**  
Past President  
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**Sylvie Fortin Bourque**  
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**Dacia Farrell**  
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**Julien Robichaud**  
CDA Representative  
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**Glenda Cameron**  
Saint John Representative  
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**Rachel Dulton**  
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532-9189  
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Best Wishes

Glenda Cameron CDA  
Saint John Rep.

The Saint John Local held their first meeting in September and discussed the exciting year planned for their members. The goal being to increase attendance by offering some new activities and guest speakers that will encourage Dental Assistants to support their local.

The October meeting was a Self Defence Class, which was very interesting and a lot of fun. This activity allowed the members to engage with each other and get to know each other just a little bit better, with only a few bruises.

In November we had the pleasure of having Kathleen Irwin from Adecco Employment Services Ltd. as our guest speaker. Kathleen shared with us some helpful ideas on how to communicate with your boss professionally to get more of what you want from your employment. I believe this was very helpful to some of the members. The last meeting of 2016 is a Christmas Potluck on December 6<sup>th</sup> for some Christmas spirit.

## Message from Shelley Fletcher, Member at large



Shelley Fletcher

Greetings from Fredericton.

The weather is great here for November, no shoveling yet. As member at large my main duty is to monitor and facilitate mentors with mentorees. I have yet to get any requests for assistance or people offering to help out with new graduates. Possibly the more "seasoned" dental assistants are worried they might be in for too much work, that would be incorrect. Basically we are looking for someone that can help new grads with getting to meetings, accompanying them to AGMs, answering questions and if you don't know the answer to the questions you can always call Bernice or refer them to our website. We are not asking dental assistants to go out of their comfort zone. We are not asking them to answer questions like how much do you make...because get real we are "seasoned"

dental assistants they will not be making what we are making but can work up to that. ☺

A few "experienced" members have put their names forward, Melissa MacDonald and myself from Fredericton, Marie Christine Arseneau from the North Shore, and Pamala Dupuis from Moncton. If anyone would like to put their name forward from Saint John that would be great but your director from Saint John, Glenda Cameron, could help you out with any questions.

As always, your humble servant to the board.

Respectfully submitted

## SCHOLARSHIP

Fall 2016

We are proud to be able to promote the dental assisting profession by helping 2 students with a \$500 scholarship each towards a dental assisting program in Canada. Fill the application form and must be received by January 31. The form can be found on the website at [www.nbdAA.ca](http://www.nbdAA.ca) under downloads.

## PHOTO CONTEST

**We will continue the contest for new pictures for next year. Take those selfies and post them but make sure it represents the dental profession well.**

To enter the photo contest, visit <https://www.facebook.com/NBDAA-309506835839025/>, only entries submitted through this method will be considered valid.

Contestants are limited to entering one photo per day. The contest closes on February 10, 2017. No late entries will be accepted. The contest is open to NBDAA members only. Photos must represent the profession of dental assisting.

The winners of the contest will be selected from the top 10 with the most likes. The contest committee will select the top 3 photos and announce the winners on February 13, 2017. Prizes will be awarded.

No purchase, expenditure or investment is necessary to enter this contest. The moderators of the contest reserve the right to not accept photos that may be offensive to the public or that demonstrate unsafe practises or unethical.

The winners agree to have NBDAA use the photos in promotional materials such as posters, brochures, newsletters, etc.



## HONORARY MEMBERS

Congratulations to Pamala Dupuis, Shelley Fletcher and Odette Craine for becoming honorary members of the NBDAA.

## Board of Directors 2016-2017

Front row from left to right: Melissa MacDonald, Vice-President, Marie-Christine Arseneau, President, Pamala Dupuis, Past President. Back row: Bernice Léger, Office Coordinator, Sylvie Fortin Bourque, North Shore representative, Alyssa Eccleston, Moncton representative, Shelley Fletcher, Member at large, Julien Robichaud, CDAA representative, Ronda Marr, NBDS representative, Glenda Cameron, Saint John representative, Dacia Farrell, Fredericton representative and Rachel Oulton, Member at large. (Absent—Angela Cselenyi, Member at large)



## MISSION STATEMENT

The NBDAA is the provincial organization for dental assistants that foster opportunities for the professional growth and is the voice of New Brunswick Dental Assistants.

The six most important goals arrived at are:

Communication

Professional participation

Public promotional of what a Dental Assistant is

Education

National Unity

Members benefits



## DENTAL ASSISTING STUDENTS AT OULTON COLLEGE

Fall 2016



### WELCOME TO THE NEW STUDENTS

Keshia Babineau-Ferris  
Robyn Barton  
Monica Blanchard  
Stéphanie Bourgeois  
Megan Boyer  
Mélanie Breau  
Tavrey Bulmer  
Andrea Carle  
Kim Charest  
Myra Chiasson  
Venessa Clavette Lizotte  
Kelsey Colpitts  
Isabelle Cormier  
Julie Cormier  
Ashley Coughlin

Jasmine David  
Jessica Denis  
Madison D'Entremont  
Sydney Duclos  
Caroline Duguay  
Thérèse Duplessis  
Rachelle Frenette  
Shanelle Gallant  
Rebekah Godin  
Venessa Godin Saulnier  
Alishia Hansen-Collette  
Sarah Hilton  
Alyssa Jerace  
Kayla Lagacé  
Madison Landry

SeHee Lee  
Megan Levesque  
Mariah MacKinnon  
Tanya Mallais  
Shaylyn McBride  
Kaleigh McGuirk  
Mackenzie Mollins  
Emma Murdock  
Stephanie Pitre  
Amélie Ringuette  
Hanna Savoy  
Vanessa Stewart-Jenkins  
Stephanie Stirling  
Samantha Warne

### WIN AN I-PAD MINI

Jean Poirier, sales representative of Johnson Insurance will be at the AGM holding a contest for dental assistants to win an I-Pad Mini. You must register and you will be contacted for an insurance quote. You must be present to win. The draw will take place at the end of the luncheon. Each quote also benefits NBDAA.



**JOHNSON**  
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## AWARDS

Please consider nominating a deserving dental assistant for a NBDAA award presented at our next AGM on May 6th, 2017 in Fredericton.

For more information on awards, please visit the website at [www.nbdaa.ca](http://www.nbdaa.ca) under "site pages".

2017 AGM will be held at the Delta Fredericton with education sessions on May 6, 2017.

For overnight accommodations call 1-855-213-0582



The Moncton local meeting had Diane as the guest speaker from the Ronald MacDonald House and they collected and donated food to this great cause.

## NBDS Representative



I attended the NBDS strategic planning update session last Friday and also attended the board of directors meeting on Saturday.


In preparation for the meeting on Saturday there had been some discussion regarding by law 17. It has been suggested our skills be changed from by-laws to rules, therefore the board can make minor changes without needing

the consensus of the members. This will go to vote at their AGM next year.

I have approached and had a couple conversations with Dr Sebastien Dion, NBDS rep for the upper Saint John River Valley. He is going to draft a letter and send out to local offices in his area and try and find an assistant interested in filling the position of Upper Saint John River Valley Rep on the NBDAA board.

Respectfully Submitted,

Ronda Marr CDA




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Used, but not what you're used to

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**TriStar Mercedes-Benz**  
*what drives you*

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[rob@tristarmedes.ca](mailto:rob@tristarmedes.ca)

## Food Guidelines Include New 10% Limit on Sugar

Acting Assistant Secretary of Health Dr. Karen DeSalvo explains the government's new dietary guidelines, which put a 10% limit on daily calories from added sugars.

In their *2015-2020 Dietary Guidelines for Americans*, the US Department of Health and Human Services (HHS) and Department of Agriculture (USDA) recommend a limit of less than 10% of calories per day from added sugars. This is the first time that the government has suggested a specific limit on sugar consumption.

The HHS and USDA define added sugars as sugars and syrups that are added to foods or beverages when they are processed or prepared. They are primarily found in soft drinks, candy, pastries, ice cream, and other sweets. Examples include brown sugar, corn syrup, dextrose, fructose, honey, lactose, maple syrup, molasses, nectars, and sucrose.

In addition to promoting tooth decay, these sugars add calories without contributing essential nutrients, making it difficult for people to meet nutrient needs while staying within recommended calorie limits. By reducing added sugars in their diet, people also reduce the risk of cardiovascular disease, obesity, type 2 diabetes, and some cancers.

Naturally occurring sugars such as those found in milk and fruit would not count

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*Julien Robichaud, CDAA Representative*

I have been in the position of CDAA New Brunswick Director since August 2016 and have had 3 conference calls since then. CDAA is currently working on a number of items, one of which is CDAA's position statements regarding Family Violence, Canada's Food guide, Child Oral Health and Nutrition Labels.

We are also working actively on the Canadian Dental Assistants' Association (CDAA) AGM which will be held from May 14 to May 16 2017 in Gatineau QC.

We are also pleased to advise that the on-line merchandise store (URStore) has been launched and is currently on-line. In the CDAA URStore, you can purchase a wide selection of merchandise, apparel, sportswear and accessories with the CDAA official logo.

Finally, I just wanted to express how pleased I am to be working with such a great group of people who are passionate about our profession. Looking forward in providing additional information soon.

## Past President's report Fall 2016



*Pamala Dupuis, Past President*

Another year has come and gone and we are quickly approaching the Holiday Season. I sincerely hope that each and every one of you had a healthy and fun summer! The Board continues to work hard to make our association the best it can be.

As Past President, one of my roles with the NBDAA is to assist in filling our Board Positions. My goal is to find dedicated, engaged dental assistants to thrive to make our association the best it can be! I am very excited to say that all of our vacant positions have been filled with the sole exception of USJRV which has been vacant for several years. At our past board meeting on October 1, 2016 we welcomed Melissa MacDonald as our new Vice President, Glenda Cameron as the new Saint John Representative, Julien Robichaud as the new CDAA Representative, Dacia Ferrell as the new Fredericton

Representative and Rachel Oulton as Member at large!! Congrats and welcome to all our new members and welcome back to any that served in the past!! I don't think we have EVER had this many members accept board positions at one meeting!! As I see it, your Board is looking as strong if not stronger than it is or has been! The combination of experience and new blood is exciting and I know NBDAA is in good hands.

Another one of my roles as Past President is to chair the Awards Committee. I can't wait to get all your nominations again this year! The winners will be announced during our AGM on May 6, 2017. Please look for the awards nomination request and please nominate your deserving co-workers!

It has been an honour to serve as your Past President for the past year and will continue to do so until my term is complete.

Respectfully Submitted



# NBDAA MENTORSHIP PROGRAM

## ARE YOU A MENTOR? OR A MENTOREE?



Shelley Fletcher, CDA

### MENTOR

A mentor is a wise and trusted teacher, an influential senior supporter.

“Mentorship is a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person. The mentor may be older or younger, but have a certain area of expertise.”

### BEING A MENTOREE

Finding a mentor is one of the most important strategic career decisions you can make. Many renowned professionals have attributed their success to having had a mentor who took a personal interest in working with them during their career.

**There are so many benefits of using mentoring in career development, including the following:**

- Gaining from your mentor’s expertise
- Receiving critical feedback in key areas, such as communications, interpersonal relationships, technical abilities, change management, and leadership skills.
- Developing a sharper focus on what you need to grow professionally within your organization or elsewhere.
- Learning specific skills and knowledge that are relevant to professional and personal goals.
- Networking with a more influential employee.
- Gaining knowledge about your organization’s culture and unspoken rules that can be critical for success and therefore adapting more quickly to your organization’s culture.
- Having a friendly ear with which to share frustrations as well as successes.

### WOULD YOU LIKE TO BECOME A MENTOR?

Qualifications to become a mentor is:

- 3 to 5 years of experience as a dental assistant
- Mentors are not experts but can direct the mentored in the right direction.

For more information, visit [www.nbdaa.ca](http://www.nbdaa.ca)

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**Food Guidelines  
Include New 10%  
Limit on Sugar**

toward the 10% recommended limit. Overall, the guidelines suggest more vegetables, whole fruits, whole grains, fat-free or low-fat dairy products, various protein foods like seafood and lean meats, and oils from plants such as canola, corn, olive, and peanut.

“What most people don’t know is that even a small shift can make a big difference as you move into a healthy eating pattern. So, moving away from refined grains to whole grain or from sugar-sweetened beverages to unsweetened beverages,” said Acting Assistant Secretary of Health Dr. Karen DeSalvo.

The *2015-2020 Dietary Guidelines for Americans* are now available. The USDA also offers ChooseMyPlate.gov, which helps people find a healthy eating style and maintain it throughout their lifetime. These eating styles should focus on variety, amount, and nutrition while eliminating saturated fat, sodium, and added sugars.

- See more at: <http://www.dentistrytoday.com/news/todays-dental-news/item/647-food-guidelines-include-new-10-limit-on-sugar?highlight=WyJvYmVzaXR5Il0=#sthash.mZ4P5qzD.dpuf>



CDAA Executive Director's Quarterly report  
July-September 2016

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Below is a detailed account of my work during the 3rd Quarter of 2016.

**Operations**

- Accounts with suppliers and service-providers were maintained and are up-to-date.
- I provided the Executive Director quarterly report for the period of April through June 2016 to the Board on July 13, 2016. This report was also circulated to Organizational Members on July 13, 2016.
- I prepared meeting packages for three (3) Board conference calls – July 6, July 20, and September 29, 2016. Minutes for each of these calls were approved and provided to Board members in a timely fashion.
- Home office space and virtual office space are fully functional and operating at full-capacity.
- The CDAA office will be open for 4 days per week beginning October 3, 2016.

**Human Resources**

- I meet daily with the Administrative Assistant to review daily and upcoming deliverables and discuss timelines, expectations and requirements.
- I finalized my contract renewal with the Board for 2016-2017 on September 30, 2016 moving from a part-time to full-time capacity, effective October 3, 2016.
- No HR issues raised during Q3 of 2016.

**Financial**

- I have submitted June, July and August financial statements to the Board for their approval. They have been approved by the Board without concern.
- I have consulted regularly with the accountant, Mr. Brian Stinson on invoices, seeking clarification on budget line items, etc.
- I have completed a review of the budget and completed a mid-cycle revised budget based on expenditures to date. The Board approved the revised budget on September 29, 2016.
- The Frouin Group performed the year-end audit for 2015 on March 15, 2016. The final 2015 financial statements were circulated to Organizational Members on June 29, 2016 following their approval during AGM 2016.

**Research and Knowledge Transference**

- Ms. Yvonne James and CDAA worked together in September to submit an application for a grant under the Alliance for a Cavity-Free Future to secure funding for a project entitled: "Improving Children's Oral Health Literacy to Sustain Change: An Online Tool." The topic of this project links closely to the work CDAA is supporting at the Canadian Oral Health Roundtable as well as the position statement on children's oral health that is under development. The grant submission was





CDA Executive Director's Quarterly report  
July-September 2016

submitted on September 30, 2016 following Board approval and in advance of the deadline. CDA is awaiting a decision from ACFF.

### Advocacy

- In August I met with my counterpart at the NDAEB to discuss the strategic direction of both organizations and to explore areas of mutual interest where both organizations can partner for the betterment of the profession. It was a very positive meeting with both parties committed to working collaboratively.
- In September, representatives from the Canadian Institute for Health Information (CIHI) approached CDA and met with me to discuss areas of future collaboration- specifically to have CDA lead the pan-Canadian reporting of data on dental assistants in order to improve the timeliness and integrity of data being submitted to CIHI. The data will be an important component of next iteration of the Health Personnel Database. I committed to speaking with industry partners to develop an improved process for data collection and dissemination. This file continues to evolve with CIHI

### Renewal

- The Provincial Conference call was held on September 26, 2016. Representatives from OMs and former OMs provided an update on the situation in their respective jurisdictions. Draft minutes resulting from this call were circulated to provincial representatives on September 28, 2016 and are pending their review before finalization.
- Subsequent to Organizational Member consultation in June 2016, subsequent feedback and Board approval, on September 29, 2016 the CDA sent a letter to the Association of Alberta Dental Assistants inviting them to consider a proposal for future affiliation with CDA.

*Stephanie Mullen-Kavanagh*  
Executive Director, CDA





### GROUP BENEFITS PLAN FOR MEMBERS IN CANADA

*Members have access to comprehensive benefits coverage at competitive rates!*

## THE PREMIERE PLAN

### Extended Health Care:

*(Member, Spouse & Dependents)*

- \$10,000 annual prescription drug maximum per insured individual (Includes Drug Card);
- 80% reimbursement with dispensing fee deductible;
- 15 Paramedical Services (e.g. Massage, Chiropractic, Homeopathy, Naturopathy) reimbursed at 80% at \$400 per year per practitioner; combined limit of \$800 annually per insured.
- Vision: \$250 every twenty-four months for lenses and frames (or contact lenses).
- Therapeutic supplies.
- Emergency Medical Travel Insurance coverage

### Dental:

*(Member, Spouse & Dependents)*

- 80% reimbursement for preventative and basic restorative procedures including periodontal (gums) and endodontic (roots) treatments;
- Coverage paid up to a calendar year maximum of \$1,000 per individual.

### Life Insurance and Accidental Death & Dismemberment:

*(Members Only)*

- \$50,000 payable in the event of death from natural causes;
- Additional \$50,000 payable if death is the result of an accident.

### Weekly Income Benefit:

*(Members Only)*

- In the case of total disability this benefit pays \$250 weekly;
- Benefits begin the first day of an accident or hospitalization and on the 15th day of sickness and continue for a period of up to 26 weeks if necessary.

### Long Term Disability:

*(Members Only)*

- After 26 weeks of continuous total disability, this benefit pays up to \$3,000 monthly (tax free);
- Benefits will be paid for a period of 24 months under your own occupation and continue to age 65.

### Members Assistance Plan: *(All Plans)*

Provides voluntary confidential counselling and advisory services from a network of experienced counsellors, psychologists, social workers and other specialists.

#### AVAILABLE ON A "NO DENTAL" BASIS:

Extended Health Care

*(Member, Spouse & Dependents)*

Life Insurance and Accidental

Death & Dismemberment

*(Member Only)*

Weekly Income Benefit

*(Member Only)*

Long Term Disability

*(Member Only)*

#### AVAILABLE ON A "MINI PLAN" BASIS:

Extended Health Care

*(Member, Spouse & Dependents)*

Life Insurance and Accidental

Death & Dismemberment

*(Member Only)*



## ADDITIONAL INSURANCE PRODUCTS

(OFFERED OUTSIDE OF THIS PLAN)

### Personal Disability Insurance:

- Statistics Canada reported that in 2012, 3.8 million Canadians were disabled;
- There is a 1 in 3 chance of becoming disabled for more than 90 days (or longer) at least once before age 65;
- Protect your income and lifestyle with an income protection plan;
- Diverse products are available to correspond with your unique insurance needs.

### THE FULL PACKAGE\*

	INDIVIDUAL	FAMILY	SINGLE PARENT	COUPLE
UNDER 40	119.02	257.37	145.26	190.57
40-49	165.30	319.37	198.68	230.88
50-54	243.86	417.38	257.15	328.98
55-59	257.03	430.55	270.32	342.15
60-65	336.95	525.52	389.13	430.69

### THE NO DENTAL PACKAGE\*

	INDIVIDUAL	FAMILY	SINGLE PARENT	COUPLE
UNDER 40	57.07	92.20	68.77	76.78
40-49	98.43	152.24	136.68	117.77
50-54	190.81	254.33	188.99	212.15
55-59	203.98	267.50	202.16	225.32
60-65	284.19	361.63	317.39	312.49

### THE MINI PACKAGE\*

	INDIVIDUAL	FAMILY	SINGLE PARENT	COUPLE
UNDER 40	51.54	86.69	63.26	71.27
40-49	81.88	135.69	120.13	101.22
50-59	153.79	217.38	151.97	175.13
60-65	233.21	310.65	266.41	261.51

.....  
Health & Dental coverage can be continued up to the age of 85.

Entry age into the plan is prior to age 65.

Eligibility requirements for all plans include medical underwriting and a minimum annual earned income of \$25,000.

\* For \$1,250 Monthly Long Term Disability

**PROLINK**  
Canada's Insurance Connection

FOR MORE INFORMATION CONTACT:

**Frank Palleschi** Group Benefits Coordinator

TF: 1 800 663 6828 X 7725 E: frankp@PROLINK.insure

### GROUP BENEFITS PLAN FOR MEMBERS IN CANADA

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## THE GOLD PLAN

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Death & Dismemberment  
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Death & Dismemberment  
*(Member Only)*

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- Diverse products are available to correspond with your unique insurance needs.

### THE FULL PACKAGE\*

	INDIVIDUAL	FAMILY	SINGLE PARENT	COUPLE
UNDER 40	108.46	236.61	131.30	174.29
40-49	147.68	286.14	169.97	207.65
50-54	211.91	367.01	225.73	290.84
55-59	225.08	380.18	238.90	304.01
60-65	291.10	457.22	333.66	376.64

### THE NO DENTAL PACKAGE\*

	INDIVIDUAL	FAMILY	SINGLE PARENT	COUPLE
UNDER 40	46.49	71.44	54.81	60.50
40-49	80.81	119.01	107.97	94.54
50-54	158.86	203.96	157.57	174.01
55-59	172.03	217.13	170.74	187.18
60-65	238.34	293.33	261.92	258.44

### THE MINI PACKAGE\*

	INDIVIDUAL	FAMILY	SINGLE PARENT	COUPLE
UNDER 40	40.98	65.93	49.30	54.99
40-49	64.26	102.46	91.42	77.99
50-59	121.84	166.94	120.55	136.99
60-65	187.36	242.35	210.94	207.46

Health & Dental coverage can be continued up to the age of 85.

Coverage is approved automatically for Health & Dental if you apply for coverage Within 60 days of your current plan ending.

Entry age into the plan is prior to age 65.

Eligibility requirements for all plans include medical underwriting and a minimum annual earned income of \$25,000.

\* For \$1,250 Monthly Long Term Disability



FOR MORE INFORMATION CONTACT:

**Frank Palleschi** Group Benefits Coordinator

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## Observations.....

### Dan and Mary Hanson, Radiation Surveyors

Travels around NB while doing radiation surveys affords the opportunity to have many informal chats with those who work with the X-ray equipment. We appreciate these discussions which are totally informal and often very informative.

A topic that we hear about often is, of course, expressions of concern about radiation safety and we are always happy to talk about it. Related to this topic is an issue that is of concern to us and we want to share this with you.

We all know that some patients who are in need of dental care find it very difficult to either remain still during an exam or hold the imaging plate in their mouths for sufficient time to obtain proper images. Many practitioners feel the need to offer direct assistance and do so by either holding the imaging plate in place or supporting the patient in other ways during exposures. This is not best practice and here is why:

During our surveys we make direct measurements of the actual amounts of radiation that are used to create x-ray images. Hence, we know the radiation risk associated with each type of examination. We also know that there are legally established limits to the amount of risk associated with routine dental radiography.

The one thing that we do know, and this is not well understood by many of you is that it is very easy to exceed your personal legal limits of risk by offering direct assistance to these difficult patients. If this is done, for example only a very few times each year your legal limits will be exceeded and we have recorded this directly.

We ask, therefore, that you seriously consider alternate ways to approach this difficult situation.

We suggest that you all have a serious discussion among yourselves and find alternate ways to

#### How to Reduce Your Risk of Exposure When Offering Assistance to Patients:

1. Use the services of a family or friend as they usually accompany a difficult patient.
2. Wear protective apparel. (Lead apron with at least 0.5 mm lead equivalent protection)
3. If it is absolutely necessary, then stay out of the primary beam, stand behind the patient and as far away as possible; wear protective gloves. Let someone else operate the exposure control so that you can best attend to your needs and those of the patient.
4. Use the lowest exposure possible by making the proper adjustments on the x-ray machine.
5. Use a dosimeter to monitor your daily exposure.
6. Have a plan in place to address the situation.





## SAFETY FIRST

In reviewing observations of our Radiation Surveyors in this Bulletin, Dan and Mary Hanson, I noted a subtle but important point:

**Radiation safety is about both the patient and the dental staff.**

This professional reminder about dental office staff is a point which requires a pause and reflection.

The comment from the Hansons confirms a sufficient pattern, from their personal observations, limited personal observations, that dental staff expose themselves to radiation in an effort to assist "difficult patients".

What immediately comes to mind from the comment is a Dental Assistant attempting to stay with a nervous child during an x-ray.

I can imagine, however, multiple scenarios where an individual is simply attempting to assist someone without considering the true long-term consequences of their goodwill gesture.

The New Brunswick Dental Society has been focused on radiation safety and there is much to be proud about when it comes to the progress made on this subject in the past several years.

Our past efforts on radiation were patient centered.

Our future efforts need must be broader.

The Hansons have challenged New Brunswick Dentists to reflect on this serious issue. My intention with this article is to reinforce the message and at a minimum encourage education of staff in the office.

In addition to the professional requirements that attract to healthcare professionals there are responsibilities as employers to ensure a safe workplace under provincial legislation overseen by WorkSafeNB. So this is both a professional matter and a responsibility as employers.

Remember Safety First!

## LA SÉCURITÉ D'ABORD

À la lecture des observations présentées dans ce Bulletin par nos agents de contrôle radiologique, Dan et Mary Hanson, j'ai remarqué un point subtil, mais important :

**la radioprotection concerne le patient et le personnel dentaire.**

Ce rappel professionnel au sujet du personnel dentaire est un point sur lequel il est important de s'arrêter et de réfléchir.

Ce commentaire de Dan et Mary Hanson confirme qu'il y a une tendance, fondée sur leurs propres observations, des observations personnelles limitées, selon laquelle le personnel dentaire s'expose aux rayonnements pour aider les « patients difficiles ».

L'exemple qui nous vient immédiatement en tête est celui d'un assistant dentaire qui accompagne un enfant nerveux pendant la prise d'une radiographie.

Je peux toutefois imaginer divers scénarios dans lesquels une personne tente simplement d'aider quelqu'un d'autre sans réfléchir aux véritables conséquences à long terme de son geste bien intentionné.

La Société dentaire du Nouveau-Brunswick a porté une attention particulière à la radioprotection et elle constate avec fierté les progrès accomplis au cours des dernières années.

Nos efforts passés étaient axés sur les patients.

Nos futurs efforts doivent être plus larges.

Les Hanson demandent aux dentistes du Nouveau-Brunswick de réfléchir à la gravité de cet enjeu. J'ai écrit le présent article en espérant renforcer ce message et, à tout le moins, mieux informer les employés.

En plus des conditions professionnelles qui attirent les travailleurs de la santé, les employeurs doivent offrir un milieu de travail sécuritaire qui respecte les lois provinciales surveillées par Travail sécuritaire NB. Il s'agit donc autant d'une question professionnelle que d'une responsabilité à titre d'employeur.

N'oubliez pas : la sécurité d'abord!

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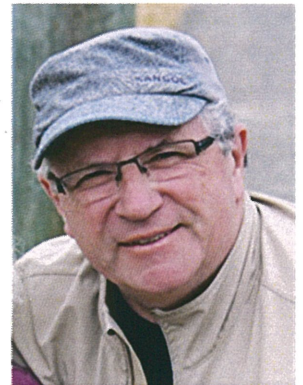
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## **Wade Short, P.Eng**

Wade has successfully implemented MBTI teachings into his professional and personal life over the past 20 years.

He has conducted various training courses at end-user installations, trade associations, universities and internal company programs.



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